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## Urban Living & Ageing in Place

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# Urban Living & Ageing in Place

Healthy Environments and Active Living Workshop

7th June 2017

India Habitat Centre, New Delhi



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# Healthy Urban Living and Ageing in Place

- HULAP is three year project aimed at:
  - Enhancing the understanding of the built environment influence on physical activity behaviours of older adults in the UK (Belfast) and Brazil (Curitiba).
  - Developing evidence and policy tools for increasing physical activity and well-being of older adults through built environment interventions, enhanced policy effectiveness and improved institutional collaboration.
  - Partnership between QUB and PUCPR
  - Researchers from public health, geography, planning, management and social partners.;



**CONFAP**  
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# Research Team

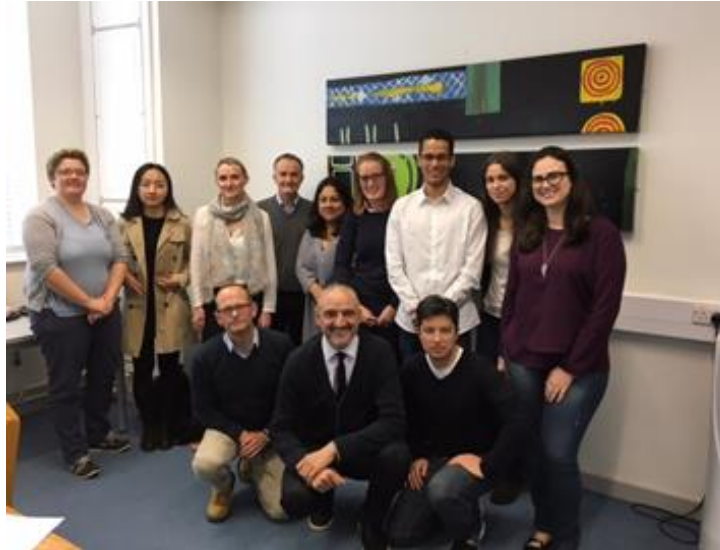


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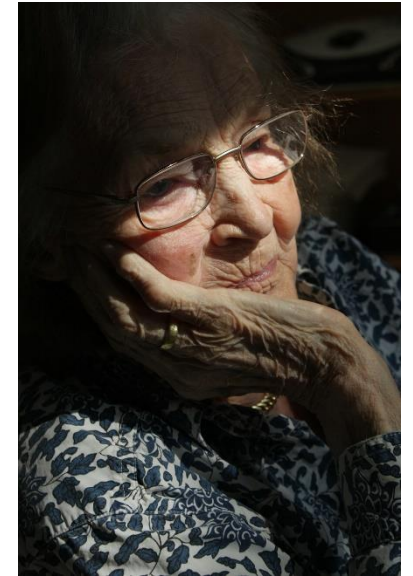


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# Physical Activity and Ageing in Place



- Older adults are the largest population group worldwide, and incur the greatest health care costs. The number of the 'oldest old' (<80yrs old) is likely to increase threefold by 2050, to 392 million worldwide.
- Levels of inactivity increase with age and ageing is associated with changes in health that predispose older adults to functional decline, morbidity, disability, poor quality of life, and increased mortality. These may be offset or delayed by the adoption of more active lifestyles.
- Promoting capacities to 'age in place'; an aspiration to remain in their own home and function independently
- A key factor here is an enduring capacity of an individual to engage in physical activity which supports and maintains independent living and which has key built environment influences

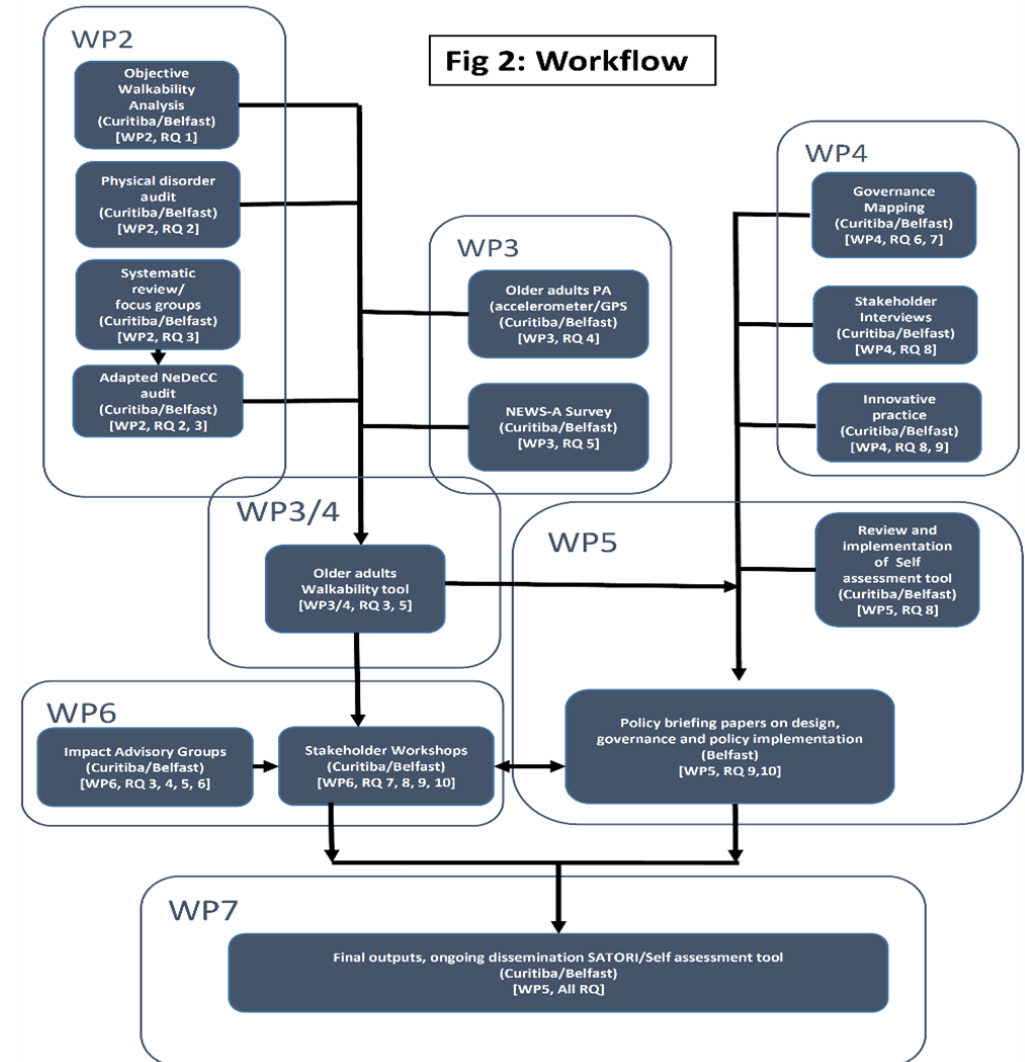




# Work Packages (WP)



- **WP1:** Project management and communication.
- **WP2:** Walkability, physical disorder and the built environment.
- **WP3:** Older adults' physical activity and the built environment.
- **WP4:** The institutional delivery of age walkable places.
- **WP5:** Knowledge translation in Brazilian and UK cities.
- **WP6:** Stakeholder engagement.
- **WP7:** Dissemination, reporting and ongoing impact activities.





# WP2: Walkability, physical disorder and the built environment.



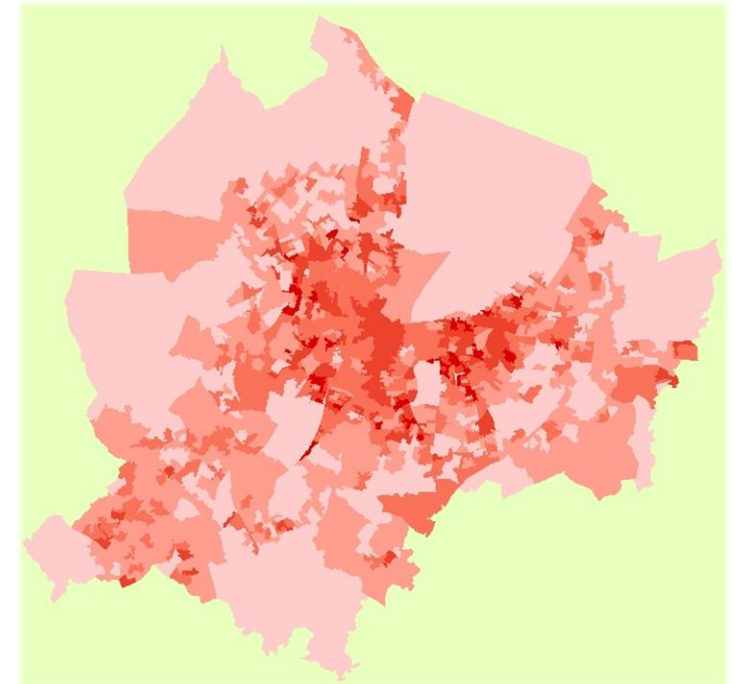
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**Objectives:** To develop and implement tools to capture built environment attributes of Curitiba and Belfast that may support or impede PA of older adults.

## Pathway to Impact:

- Generate spatial data from Curitiba/Belfast of value to policy in public health, planning and other neighbourhood initiatives.
- Evaluate whether existing models of walkability can be enhanced for older adults.
- Develop innovative ways of auditing the built environment for safety and quality issues to deliver time and cost savings for healthy ageing initiatives.



# WP3: Older adults' physical activity and the built environment.



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**Objectives:** To investigate and compare the relationship between built environment features and PA and sedentary time in older adults in UK/Brazil. Investigate associations between objective and perceived environment measures with physical functioning/BMI/specific age-related attributes.

## Pathway to Impact:

- Clarify if recommended levels of activity are being achieved (& how).
- This will be enhanced by comparative analysis and will provide evidence for older adult PA strategies in Brazil/UK.
- Use data to deliver new approaches for responding to sedentary behaviour, including an *Older Adults*
- *Walkability Tool* for use by local authorities and older adults support groups.





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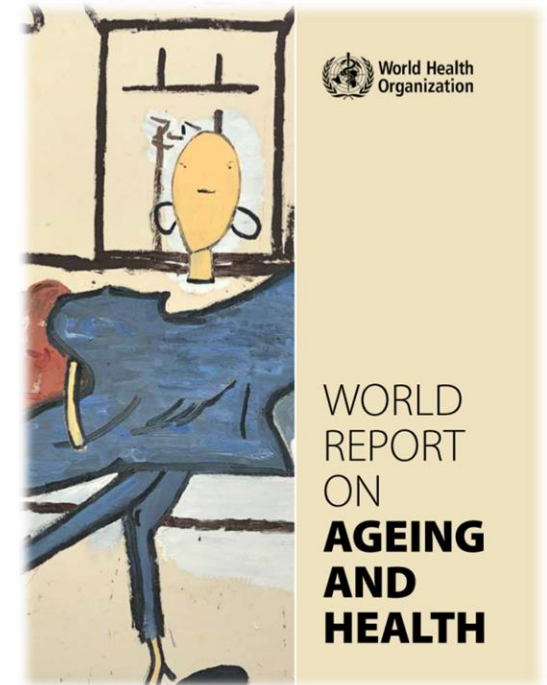
## WP4: The institutional delivery of age walkable places.



- **Objective:** To map policy actors, institutions, programmes, staff, skills and resources involved in ageing and walkable environments in Brazil/UK.

### Pathway to Impact:

- Critical analysis of the governance of healthy ageing to inform new ways of articulating the needs of older adults in Brazil/UK.
- Review of innovative practice to help identify '*what works*'. Communicated via; HULAP website, information sheets, Impact Advisory Groups and other networks ensuring appropriate audiences are addressed.
- Identify potential institutional reform that could enhance policy effectiveness and inform ways in which project outputs can be disseminated to key audiences.





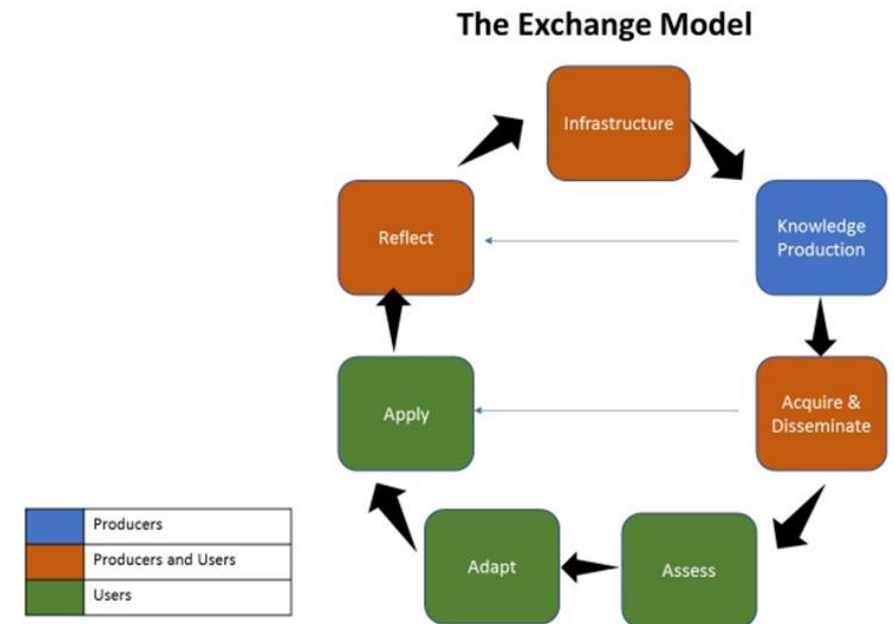
## WP5: Knowledge translation in Brazilian and UK cities.



**Objective:** Identify knowledge translation and transfer mechanisms adopted in Curitiba and Belfast around healthy ageing to make recommendations for accommodating the needs of older adults in planning, social and health services.

### Pathway to Impact:

- Briefing papers will be cornerstones to lasting impact, providing targeted, evidence based guidance on policy areas that can make a real difference to the opportunities for older adults.
- Self-assessment tool, interviews and focus groups will have both local policy relevance and make a contribution to international research on healthy ageing.





## WP6: Stakeholder engagement.



- **Objective:** To give older people and other stakeholders in Curitiba and Belfast a voice in helping shape the research and policy agenda and directly advising on the research approach, its analysis and outputs.

### Pathway to Impact:

- Impact Advisory Group activities will ensure that the project;
- Effectively draws on the experience and reference frames of the key stakeholders;
- Outputs relate closely to their needs, thus enhancing the likelihood of significant impact.
- Workshops organised by Belfast Healthy Cities and Embarq will create opportunities for an exchange of good practice and other experiences between European and Brazilian stakeholders.



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# Thank you

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<https://www.qub.ac.uk/research-centres/TheInstituteofSpatialandEnvironmentalPlanning/Impact/CurrentResearchProjects/HealthyUrbanLivingAgeinginplacePhysicalActivityBuiltEnvironmentKnowledgeExchangeinBrazilianCitiesHULA>  
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